



## Community Stories

*Kirsty Smith is CEO of CBM UK, part of the disability and development federation CBM Global, which aims to improve the quality of life of the world's poorest people with, or at risk of, disabilities. Amongst many other things, Kirsty is a very talented singer (singing on the Make Our Garden Grow video) and she lives on Tenison Road in Cambridge.*



Lockdown offered a surreal but also wonderful slowing down, honing in, more local focus: the constant buzz of taxis wonderfully calmed; the Tenison Road support group that shares the needs of those who can't shop amongst those who can; the weekly clap offering the opportunity for rare interaction and street discussions; elderflower heads gathered for the first time and made into cordial, ice-cream, gin, and shared around; stepping off the pavement to pass but always endeavouring to make contact with a smile; music drifting from open windows or gardens or streets; family meals in the garden, dancing round the kitchen; family jamming sessions; the daily exercise outing allowing whole new parts of Cambridge to be discovered and explored; trying new recipes, trialling new cakes; getting to the bottom of the mending pile; watching spring turn into summer through the roses and the vegetable patch; the Edge cafe providing a lifeline food distribution to any who wanted it; jigsaws, board games, online quizzes, family walks; the cat being the only family member to continue visiting all the neighbours.